

Iowa Cheerleading Coaches' Association Spring Conference

The Meadows, Prairie Meadows

Altoona, Iowa

FRIDAY, April 8, 2016

Lunch is on your own.

- | | |
|--------------------|--|
| 8:30 - 9:30 A.M. | Registration for Conference and Morning Add On Classes
Lobby |
| 9:00 - 11:30 A.M. | Add On Class: Basic Stunt Progressions, JoEllen Wesselmann
Skinner A |
| 9:30 - 11:30 A.M. | Add On Class: Choreography, Morton Bergue
Skinner B |
| 12:00 - 12:30 P.M. | Registration for Conference and Afternoon Add On Class
Lobby |
| 12:00 - 2:00 P.M. | Vendor set up
Skinner Pre-function |
| 12:30 - 3:45 P.M. | Add On Class: AACCA, Jim Lord
Skinner B |
| 2:00 - 5:30 P.M. | Visit Vendors
Lobby |
| 2:00 - 4:00 P.M. | Registration for Conference for All Other Coaches
Lobby |
| 4:00 - 5:00 P.M. | ICCA General Membership Meeting and District Meetings
Skinner A |
| 5:30 P.M. | Banquet Seating Opens and Cash Bar (no outside beverages allowed)
Walk the Red Carpet - Dress for the Red Carpet
Bishop A Ballroom |
| 6:00 P.M. | A Night at the Oscars - ICCA Spring Banquet
Bishop A Ballroom |
| 9:00 P.M. | Question and Answer: ICCA Events All-State, State Championships,
Honor Squad, All-Stars, Shrine Bowl, Understand the Rubric, General
Cheer Questions
Bishop A Ballroom (Bar remains open until 10:00) |
| 10:00 P.M. | Enjoy Prairie Meadows |

SATURDAY, April 9, 2016

BREAKFAST is on your own.

Attire is casual dress.

- | | |
|--------------------|--|
| 6:45 - 7:15 A.M. | Zumba, Kenna Johnson
Skinner C |
| 8:00 - 8:50 A.M. | Cleaning a Routine, Morton Bergue
Skinner A |
| | Avoiding Mistakes While Stunting (Basic, Safe Practices for Successful
Stunting), Jim Lord
Skinner C |
| 8:55 - 9:25 A.M. | Prepping for the State Championships, Sarah Buss
Skinner A |
| | Conditioning for Cheerleaders Only, Kenna Johnson
Skinner B |
| | Middle School Cheerleading, JoEllen Wesselmann
Skinner C |
| 9:30 - 10:20 A.M. | Motivating Cheerleaders, Morton Bergue
Skinner A |
| | Breaking Down the New National Federation Rules for Success, Jim Lord
Skinner C |
| 10:25 -10:55 A.M. | Deciphering the Rules Book, Erin Taylor
Skinner A |
| | Motion Technique, Cindy Pangburn
Skinner B |
| | Organizing Your Cheer Season and Year, Melissa Hatfield
Skinner C |
| 11:00 - 11:50 A.M. | Understanding and Lowering Your Liabilities, Jim Lord
Skinner C |
| 11:50 - 12:20 P.M. | Visit Vendors
Skinner Pre-function |
| 12:15 - 1:00 P.M. | LUNCH - ICCA Awards, Scholarship, Fashion Show, Vendors
Skinner A & B |

1:00 - 1:45 P.M.	Developing Strong Leaders, Chad Elsberry Skinner A & B
	Make the Most of the Minute, Donna McKay Skinner C
1:50 - 2:40 P.M.	Jumps! Morton Bergue Skinner A & B
2:45 - 3:45 P.M.	Advanced Stunts, Morton Bergue Skinner A & B
3:45 P.M.	Closing and Prize Give Away Skinner A & B